

# LONDON metro

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estimated

LOTTO  
**649**

**Wednesday's  
Jackpot**

NEWS  
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SHARING.



## SAVING ROCK AND ROLL

ELTON JOHN'S SURPRISE  
APPEARANCE ON THE NEW  
FALL OUT BOY ALBUM  
PROVIDED A LITTLE GROUP  
THERAPY FOR PETE WENTZ  
AND THE BAND

PAGE 7

## Two accused of plotting VIA terror

RCMP make arrests over  
an alleged al-Qaida plan  
to launch an attack on a  
passenger train

PAGE 4

## Overture, curtains, lights

London's upstart Missing Link  
troupe gets set to premiere a  
new comedy by Canadian  
playwright Norm Foster

PAGE 3



## RUNNERS HONOUR BOSTON

Brandon Trottier, 21, of London, left, gets a hand from Chantelle Osadjan, 22, of Ilderton, on Monday as he pins a bib commemorating the victims of the Boston Marathon bombings to his shirt. About 100 people gathered in Gibbons Park for a moment of silence and a short run to show support for those affected by the blasts last Monday. More Boston news, page 4. ANGELA MULLINS/METRO

# 'It ain't going to happen,' local says of U.S. entry fee

**Proposed cross-border  
fee.** Revenue grab  
would have negative  
economic impact,  
opponents say

MARK  
SPOWART  
london@metronews.ca

First, it was mandatory pass-ports. Then, longer processing times. Now, a fee to cross the U.S. border?

Judy Jenkins, president of London's Take a Break Travel, may just have seen it all. "Every time a change is made (at the border), it takes away from people who are wanting to travel to the U.S.," she said.

And for each Canadian who decides to stay put, Jenkins' company, which runs coach

### How it works now

- Air passengers pay to enter the U.S., but the fee is included in the price of a plane ticket.
- Drivers and pedestrians do not pay a specific entry fee, but bridges spanning the border charge a toll that goes to bridge authorities.

tours to the U.S., stands to lose a customer.

"It would definitely make an impact on our business," said Jenkins, who bused 108 Canadians to Michigan last weekend alone.

Plans to study a new cross-border fee are built into the U.S. Department of Homeland Security's 2014 budget pro-

posal. The levy — which would apply to vehicles and pedestrians — is needed to offset rising security costs, proponents say. Fees for processing more than 350 million travellers a year have not been adjusted, in many cases, for more than a decade, the department says.

It's unclear how the system would work, and no one has said how much people might expect to pay or if it would also apply to people leaving the U.S.

Gerry McCarthy, CEO and general manager of the London Chamber of Commerce, didn't mince words about the proposal. "It ain't going to happen," he said. "Congress will get a lot of pressure to back off. It would be a horrible mistake for them to put it through."

"If they are going to try and make money off of the backs of travellers, they will lose."

WITH FILES FROM THE CANADIAN PRESS



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# Simple act earns secondary school student a big honour

**Good Samaritan.** Teen receives Canadian Red Cross award for helping man along Thames River

DAVE  
DE VRIES  
london@metronews.ca

Evan Spindler didn't think much about it at the time.

When he saw a man in a wheelchair partially submerged in the Thames River, Spindler's natural reaction was to take action.

Now, about a month later, the 15-year-old is being billed as a hero. He received the Canadian Red Cross' Rescuer Award on Monday at city hall.

"Getting this award was a really big surprise," the lanky and shy Sir Frederick Banting Secondary School student said. "After I saved the guy I thought maybe the police would thank me, but I never thought I'd be coming to city hall to get an award from the Red Cross."

Helping Ainsley Chapman, 22, was simply the neighbourly thing to do, Spindler said.

Chapman, who has cerebral palsy, was feeding birds near the Blackfriars Bridge when his wheelchair slipped into the swollen river. Chapman had escaped from his wheelchair by

## About the award

The Canadian Red Cross accepts nominations for its Rescuer Award and gives it to individuals who are Good Samaritans along with those who volunteer to save a life or help someone in danger.

the time Spindler arrived but was trapped on a picnic table in the biting cold.

Spindler is a shining example of the humanitarian values the Red Cross looks for in a community, said Kelly Farrell, the organization's community-services coordinator.

"He's been able to follow through and actually rescue somebody and save their (life)," Farrell said about Spindler. "We're thrilled to be able to recognize that."

While gracious about all the attention, Spindler's ready to get back to life as normal. For him, that means skateboarding, hanging out with friends and figuring out what to do with his life after high school.

"I think it would be cool to get a job as a firefighter or police officer some day," Spindler said. "For now, I really want to be a counsellor at my camp next year."



Mayor Joe Fontana, left, is pictured Monday with Evan Spindler, 15, as the London teen receives the Canadian Red Cross' Rescuer Award during a ceremony at city hall. Spindler, a student at Sir Frederick Banting Secondary School, received the award for rescuing a man whose wheelchair had become partially submerged in the Thames River last month. DAVE DE VRIES/FOR METRO

## City's walkability ranking irks local group



People make their way along a Harris Park bike path on Monday. MARK SPOWART/FOR METRO

Eyebrows raised about a recent survey that gave the Forest City a middle-of-the-pack rating for walkability, the Urban League of London is on a mission.

"This is just crazy, that (score) is way too low," said Greg Thompson, the league's chair.

Thompson is urging people to stroll on over to walkscore.com and help prove that Lon-

don is better than what's shown in the ranking — 26th out of 48 cities with populations greater than 100,000.

The city's Walk Score, figured through a mathematical formula that takes population density and ability to access things like grocery stores into account, comes in at 48.6, branding it as "car dependent."

It's a far cry from Vancou-

ver — deemed Canada's most walkable large city with a score of 78.

Improving London's standing should be quite easy, Thompson said.

People simply need to hop onto the website and start adding addresses for businesses that are near their homes.

The Urban League has already proven, to some extent,

that it can work.

Armed with the knowledge that the Old East village was far more walkable than the website portrayed, Thompson and a few others began adding data to the site.

With a few updates, the village's score increased from the low 60s to the mid 70s, Thompson said.

MARK SPOWART/FOR METRO

## Stolen car. Police chase, canine unit net 2 arrests

Two men have been arrested after a police chase and manhunt early Monday in the city's south end.

Police attempted to stop a vehicle that had been reported stolen about 3:50 a.m.

The vehicle was abandoned a short time later, and one man was arrested, police said.

A canine unit was called in to search for a second suspect in an area bounded by Wellington Road, Manning Drive, Scotland Drive and Highbury Avenue.

That person was arrested shortly before 7 a.m., police said.

The investigation is ongoing. **METRO**

## Budget. Liberals set date; Tories say non-confidence motion being drafted

Ontario's Liberal government will table a budget May 2.

Finance Minister Charles Sousa made the announcement Monday, revising the provincial deficit to \$9.8 billion, down from \$12 billion announced earlier this year.

The Progressive Conservatives' say they will introduce

## Forecast

The Liberals forecast a deficit of \$14.8 billion in last year's budget, then lowered it to \$11.9 billion in January.

a non-confidence motion in advance of the budget.

Both the Liberals and New Democrats called the move — which the Tories say stems from cancelled gas plants — a headline-seeking gimmick.

The NDP, who also have criticized the Liberals for canceling the plants to save seats, refused to say if they'll support the motion.

**THE CANADIAN PRESS**





Rick Kish, artistic director of A Missing Link Theatre Company, is pictured Monday at the London Convention Centre, where the upstart group is set to stage its third play. The show opens Thursday. MARK SPOWART/FOR METRO

# Curtain to rise on comedy play

**Seats.** Tickets are available through the Grand Theatre box office at 519-672-8800 or [grandtheatre.com](http://grandtheatre.com)

London has been tapped for the premiere of Canadian playwright Norm Foster's newest creation.

The curtain will rise Thursday on The Great Koo-shog Lake Hollis McCauley Fishing Derby, a comedy written specifically for A Missing Link Theatre Company.

The show is considered an important test for the

## Doors open

- The Great Koo-shog Lake Hollis McCauley Fishing Derby opens at 8 p.m. Thursday and continues through May 4 at the London Convention Centre. Preview shows start Tuesday.
- Visit [amissinglinktheatre.ca](http://amissinglinktheatre.ca) for dates and times.

startup theatre troupe, which has only a few plays under its belt.

Rick Kish, artistic director for A Missing Link, considers the opportunity a blessing for London's the-

atre community. And, he said, a sign of great things to come for the troupe.

Foster started his career as a radio broadcaster and fell into theatre, he said, by accident.

"For Canadian dramatists, Norm Foster is just a gem," Kish said.

"It's an honour for a theatre like A Missing Link to have a playwright like him agree to write us a world premiere.

"Anybody who has ever spent any time in a small town will connect to this story. People will walk away having met five characters they really liked that made them laugh."

DAVE DE VRIES/FOR METRO

# London poised for bright future, according to survey

Is London a futuristic city?

Folks at The Financial Times sure think so.

London has placed second overall for medium-sized cities in fDi Magazine's American Cities of the Future rankings. The Forest City also ranked in the Top 10 for categories focused on foreign-direct investment strategy, economic potential and being friendly to business.

The magazine, owned by The Financial Times, does the survey every two years. London was competing with 79 other medium-sized cities, including

those in the U.S., in the rankings.

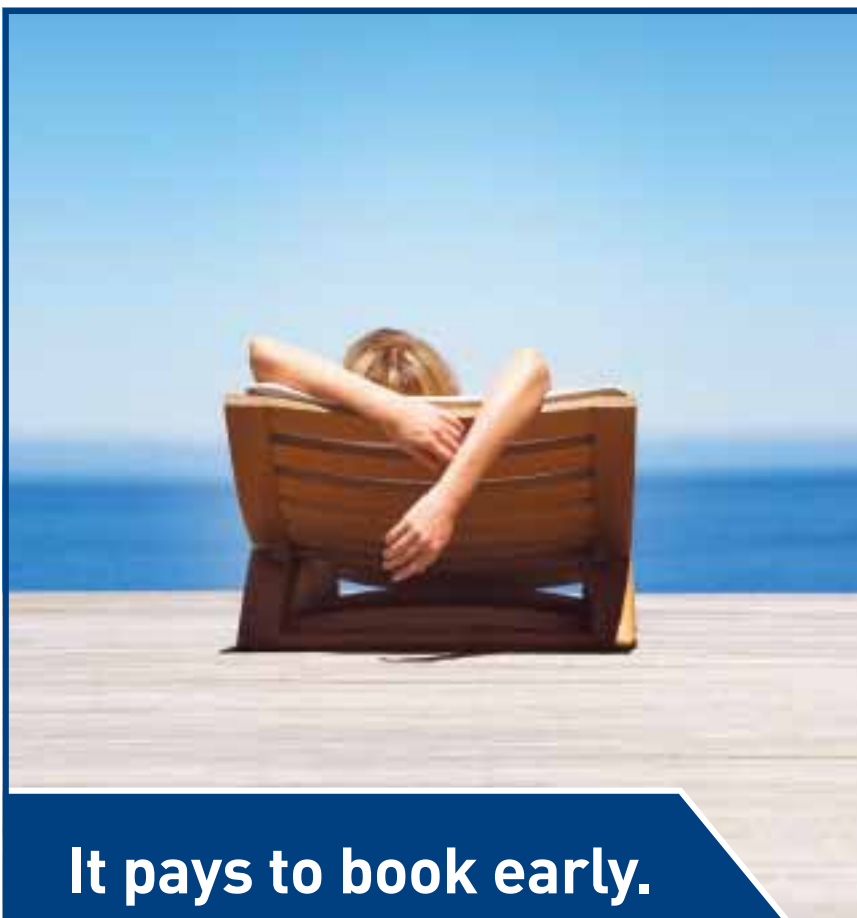
Mississauga finished first in the overall category, with London topping cities including Hamilton, Quebec City and New Orleans.

"We think this is a very strong acknowledgment," said Peter White, president and CEO of the London Economic Development Corp. "It speaks highly of (the) programs that we run (to make) London known throughout other countries."

METRO

## Rankings

- The American Cities of the Future Rankings takes a look at how well-positioned cities are for growth in coming years.
- The rankings are more concerned about what will happen tomorrow than what's happening today.



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# Plan to attack passenger train derailed, RCMP say

## Al-Qaida in Canada? Details emerge on two Canadian residents arrested in terror plot

Two Canadian residents were charged Monday for allegedly planning to attack a Via Rail train in what the RCMP is calling the first known al-Qaida-directed plot in the country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday.

Police said the suspects had been watching railways in the Greater Toronto Area and were conspiring to derail a passenger train. They said the plot had "direction and guidance" from al-Qaida in Iran.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public," RCMP Assistant Commissioner James Malizia said at a news conference.

Police had Esseghaier and Jaser under surveillance since

August. They were put on investigators' radar thanks to tips from the Muslim community, said Supt. Doug Best.

About two dozen Muslim community leaders were told before Monday's news conference that one suspect is Tunisian and one is from the United Arab Emirates.

They have been in the country legally for a "considerable period of time" but are not Canadian citizens, the RCMP said.

A spokeswoman for the University of Sherbrooke told The Canadian Press that Esseghaier studied there in 2008 to 2009.

More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

THE CANADIAN PRESS



An RCMP officer shakes hands after a transfer of a terror suspect at Buttonville Airport. The two suspects are expected to appear in court for a bail hearing Tuesday in Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE VIA GETTY IMAGES

## Bombing suspect's wife knew 'nothing': Lawyer

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam.

Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once

charged with assaulting his wife.

"In the aftermath of the Patriots' Day horror, we know that we never really knew Tamerlan Tsarnaev," the Russell family said in a statement. "Our hearts are sickened by the knowledge, by the horror he has inflicted."

TORSTAR NEWS SERVICE



Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

## India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred



Pradeep Kumar, a 19-year-old garment factory worker, is taken away by police. THE ASSOCIATED PRESS

Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters.

THE ASSOCIATED PRESS

### Afghanistan

## Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

### Online exploitation

## Private pics got online? Don't lose hope: PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting need-helponow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

THE CANADIAN PRESS

### Calgary

## Don't Be That Guy: new sex campaign

"That guy" is the target of a campaign in Calgary aimed at raising awareness about sexual consent.

The posters are aimed at men, reading: "It's not sex when she's passed out" or "when she's wasted."

The "Don't Be That Guy" posters will be placed in transit trains, buses, bars and clubs.

Joe Campbell of Calgary Communities Against Sexual Abuse says the message is not meant to offend men. "Within male culture we have to stop viewing the issue of sexual violence as strictly a women's issue, because we all have a responsibility to work towards ending sexual violence."

THE CANADIAN PRESS



"That guy" BILL GRAVELAND/THE CANADIAN PRESS



# Just for Laughs app is 'cheat sheet' for 30th anniversary

**Social TV.** While you watch the show, look up historical references on your cellphone

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC-TV on Tuesday.

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or

## Quoted

**"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is."**

Bruce Hills, chief operating officer, Just for Laughs

were possibly a little too pre-occupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills said in an interview. (Quayle was George H.W. Bush's vice-president, by the way.) "You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour." **THE CANADIAN PRESS**



## Ralph Lauren Corp. settles bribery allegations for \$1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than \$700,000 US of illicit profits and pay an \$882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

## Germany

### Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about \$189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational

giant. Hamburg's state data protection agency said that Google admitted collecting data including emails, passwords, photos and chat protocols from 2008-2010 as it prepared to launch its Street View service. Google says it never intended to store personal data and the agency says it has been deleted. The head of the agency urged dramatic increases to maximum fines under future EU regulations.

THE ASSOCIATED PRESS

## Market Minute



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# NATIONAL FARE? STICK A FORK IN ME

Earlier this month, the Canadian government launched a three-week food truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells 'Poutine à la Mexicana' among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically 'Canadian.' Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Québécoise tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially "Canadian" food.



**SHE SAYS**

**Jessica Napier**

metronews.ca

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden where homesick Canucks will

happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

"Everyone that approaches the stall has some kind of story about the dish," says Baker. "They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack."

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing, but also distinctly unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# It's a horse, of course



NASA/ESA/HUBBLE HERITAGE TEAM

## Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**



Previous images have been more horse-like but not as detailed.  
CFHT/HAWAIIAN STARLIGHT

## Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

## Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca

**Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grand-mas watch Kardashian sex tape' rule the Internet, get voting. Go to [webbyawards.com](http://webbyawards.com). Some entries not to miss:**

### Fresh Prince translated:

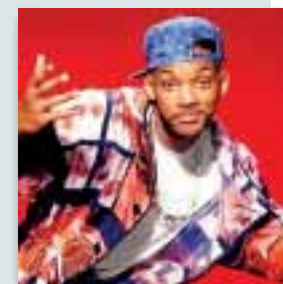
"Cold, apricot, relaxing all cool, shoot some b-ball outside the school..." Sound familiar? It should. Kind of — at least for children of the 90s. CDZA, the music video collective who brought us The History of Lyrics That Aren't Lyrics, translates the lyrics of the mind-numbingly, catchy Fresh Prince of Bel-Air intro 64 times in Google Translate, and then translates it back into English. @cdzmusic

**Stanley's invisible piano:** Sure, cats playing pianos with their

paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

### Kids react to the world:

The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like pot holes and think talking dogs are completely absurd. @thefinebros



## Comments

**RE: Tributes Pour In After Death Of Rita MacNeil, published April 17**

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3

**Marilyn Francis posted to metronews.ca**

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I

sat there and did not wipe away the tears, but God has another beautiful voice.

**Natalie posted to metronews.ca**

I loved that in the print version they labelled the above tweets as 'prolific'... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.

**An anonymous reader posted on metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



DVD reviews



Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

Josh Brolin and his fellow Gangster Squad anti-heroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from a film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

Jurassic Park 3D

Director. Steven Spielberg

Stars. Sam Neill, Laura Dern, Jeff Goldblum

Adding the extra dimension to Steven Spielberg's 1993 monster thriller turns out to be more than just a 20th-anniversary cash-in. This movie doesn't just stand the test of time, it transcends it. The already impressive T. Rex and velociraptors become more lifelike in 3D. It goes on sale April 23 for those equipped with a 3D Blu-ray player plus specialized TV and glasses (regular Blu-ray and DVD are also available). The film's large amount of violence, mostly of the claw and fang variety, seems more intense now than before. So much so that today's parents have even more reason than those of a generation ago to make sure their younger children can handle the frights. **PETER HOWELL**



Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Sump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

# Oh Boy! Elton helps Save Rock and Roll

**Fall Out Boy's latest release.** English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did. "We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew

to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song Rat a Tat, featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney

Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and

Girl power

**"We thought it would be important to have an iconic female voice on the album."**

Pete Wentz, bassist for Fall Out Boy  
On why Courtney Love was asked to feature on their new album

will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie à Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying, "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

# 2 SCENE

Elton speaks

**"He actually spoke up for the album's title."**

Patrick Stump, lead singer of Fall Out Boy  
On Elton John's feelings toward their recent album called Save Rock and Roll

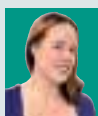
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Lacking the X-Factor – Host Kardashian gets the boot



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

A watchable reality TV star does not a good host make.

Khloe Kardashian has been booted off Fox's *The X Factor*, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host *The X Factor*," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of *The X Factor*," said Cowell in a statement.

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of *Saved by the Bell*?



Reese Witherspoon. ALL IMAGES GETTY

### Witherspoon embarrassed after recent run-in with law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was

disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.



Justin Bieber

### Are Bieber and Gomez back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.



## Twitter



@otiviawilde

The only thing I resent twitter for is ruining the word "twitterpated" which \*was\* a solid go-to in my daily dialogue.



@SarahKSilverman

Dear House of Representatives, Who exactly are you representing?



@jason\_mr4z

Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.



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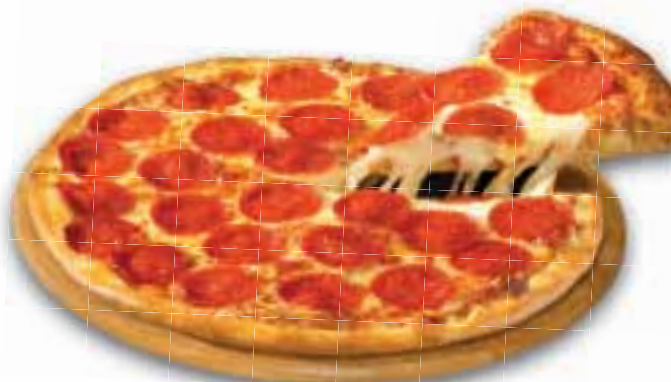
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# Are you a sugar addict?

**Quiz.** Dr. Joel Fuhrman, best selling author of *The End of Diabetes*, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA  
MCGUINNNESS  
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more," he tells Metro.

But unlike drugs, sugar is legal and inexpensive, he warns.

## 1. Breakfast is:

- A** Fruits, nuts, vegetables or a whole grain product.
- B** Unsweetened cereal with soy or almond milk.
- C** Conventional, sweetened cereal with cow's milk.
- D** A donut and a cup of coffee with sugar.



## 2. Throughout the day you drink:

- A** Water or herbal tea
- B** Coffee or tea, plain with no sweetener.
- C** Diet soda
- D** Sugary soda, coffee or tea

## 3. Mid-afternoon, you feel:

- A** Energetic, as always.
- B** A little sluggish ... but you can still function productively.



- C** Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
- D** Burned-out. You can't focus until you've had a chocolate bar and a can of full fat coke.

## 4. You're eating a sugary dessert ... you feel:

- A** It's just not worth eating such junk.
- B** Enjoyment.
- C** A little happier.
- D** Euphoric. The moment it passes your lips, all your problems seem to dissolve.

## 5. Fresh fruit is:

- A** Wonderfully sweet and delicious. You eat your five-a-day.
- B** Tasty. You have at least one piece of fruit every day.
- C** OK, but you'd rather have apple pie than an apple.
- D** Completely unappealing. You're more into cupcakes.

## 6. After one last bite of your favourite chocolate fudge

## brownie ... You:

- A** I do not eat sugary foods.
- B** Feel satisfied But then you move on with your day.
- C** Are tempted to eat more, but force yourself to stop.
- D** Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

## 7. Whoa sugar craving. How do you cope?

- A** This rarely happens, but when it does, you get on with your day, knowing that it will pass.
- B** Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.
- C** Find another sugary alternative in the house to quell the craving.
- D** Go out and buy whatever it is you're craving, because you can't think about anything else.

## 8. It's been a long, hard day ... so you:

- A** Get some exercise and try to relax.



- B** Space out in front of the TV, with a stiff drink.
- C** Allow yourself one slice of cake, or one piece of candy.
- D** Binge out on ice cream and candy.

## 9. If you go without sugar for a few days, you feel:

- A** No different. You rarely eat



sugar.

- B** Brighter and more energetic.
- C** Tired and your head hurts.
- D** Weak and anxious. You also suffer from significant headaches and fatigue.

## 10. The idea of giving up sugar sounds:

- A** Easy, since you almost never eat it anyway.
- B** Like a healthy thing to do. But you want to have sugary foods occasionally.
- C** Good, but you don't think it's possible.
- D** Scary. Sugary foods are your comfort during times of emotional distress.

## 11. The feelings you perceive as hunger are:

- A** A drawing sensation in the throat, but it's not very uncomfortable.
- B** A grumbling stomach.
- C** Light-headedness and headaches.
- D** Headaches accompanied with anxiety, and the inability to concentrate.

## Add up your score:

- 0 points for each "a"**
- 2 points for each "b"**
- 3 points for each "c"**
- 5 points for each "d"**

## Results

**0-12 points.** You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

**13-27 points.** There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

**28-43 points.** You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

**44-55 points.** Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.

# 3 TIPS



Want a hit? GETTY IMAGES

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# Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for

best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free

puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then

transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large, zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

THE ASSOCIATED PRESS

## Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder



This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

## Snack. Cedar-planked Pecan, Bourbon and Brown Sugar Glazed Brie

### Ingredients

- Cedar grilling plank (about 6-by-8 inches)
- 1/2 cup packed dark brown sugar
- 1/4 cup chopped pecans
- 2 tbsp dried cherries and/or chopped dried apricots
- 1 tbsp bourbon
- 8 oz round brie
- 1 tbsp no-sugar raspberry jam
- 1 Granny Smith apple, cored and thinly sliced
- 1 pear, cored and thinly sliced
- 2 tbsp lemon juice
- Small bunch of grapes
- Water crackers, to serve



4. Place the brie on the wet cedar plank. Spread the jam over the top of the cheese. Spoon the fruit and nut mixture over the jam. You may not need all of the nut mixture. Place the plank with the brie either on the grill grates or on a cookie sheet in the oven.

5. Either way, cook for 10 minutes, or until the brie is slightly softened and the sugar melts. Meanwhile, in a medium bowl, toss the apple and pear slices with the lemon juice. Arrange the slices and grapes around the side of the brie. Serve on the plank with a cheese knife. Serves 6.

THE ASSOCIATED PRESS

1. Soak the cedar plank in water for at least 30 minutes. If necessary, weigh it down to keep it submerged.

2. Meanwhile, in a small bowl stir together the brown sugar, pecans, dried cherries and bourbon. This step can be done up to a week ahead. If so, cover and refrigerate until needed.

3. Heat the grill to indirect medium heat. The cheese also can be prepared in the oven. For the latter, heat it to 400 F.

# Bean there, done that: Favas give this burger their best

If you buy fresh fava beans, you'll need to peel and cook them. To do this, remove the beans from the pods and cook in boiling salted water until just tender. Depending on the size of the bean, this should take 2 to 8 minutes. Drain and transfer to a bowl of ice water. When cool, slip the skins off the beans and proceed with the recipe. Some grocers also sell fresh or frozen peeled favas. If you can't find favas, substitute frozen lima beans.

1. In a large skillet over medium, heat 1 tablespoon of the oil. Reduce the heat to medium low, add the onion and cook until softened, about 5 minutes. Add 1 teaspoon of the garlic, the cumin, coriander and paprika, then cook for 1 minute, stirring. Transfer to a medium bowl.

2. In a food processor, pulse the fava beans just until they are coarsely chopped. Transfer 1/2 cup of the chopped favas to the onion mixture.

3. To the food processor, add the egg, tahini, 1/2 teaspoon

### Ingredients

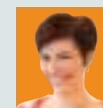
- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot smoked paprika or cayenne pepper
- 1 3/4 cups shelled peeled fresh fava beans or frozen lima beans (thawed)
- 1 large egg, lightly beaten
- 2 tbsp tahini (stir well before measuring)
- Kosher salt and ground black pepper
- 1 cup plain non-fat Greek yogurt
- 4-inch slice seedless cucumber, coarsely grated (about 1/2 cup, packed)
- 3/4 cup panko breadcrumbs

of salt and pepper to taste. Process the mixture until finely ground, then stir it into the onion mixture. Cover the mixture and chill it for 30 minutes.

4. While the mixture is chilling, in a small bowl combine the yogurt, the remaining 1/2

### Health Solutions

## There's no 'P' in asparagus?



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style! Asparagus is a fast growing shoot that de-

livers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

• Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt

• Chop and add to soups for the last 5 minutes

• Chop and steam, sauté in chicken broth for 5 minutes covered

• Wrap in prosciutto and bake at 350 for 15 minutes

• Poached, cooled and served with a curry yogurt dip

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves 4 and takes one hour from start to finish.

THE ASSOCIATED PRESS

teaspoon garlic, the cucumber and salt to taste. Set aside.

5. Shape the chilled falafel mixture into 4 patties (the mixture will be loose). Spread the panko on a sheet of parchment paper and dip the patties into the crumbs to coat on all sides.

6. In a large nonstick skillet over medium, heat 1 1/2 tablespoons of the remaining

oil. Add the falafel patties and cook until crisp and golden on one side, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil and turn the patties; cook for another 3 minutes, or until crisp and golden.

7. To serve, transfer the patties to serving plates and top with yogurt sauce.

THE ASSOCIATED PRESS



Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, *The Butler Speaks*, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

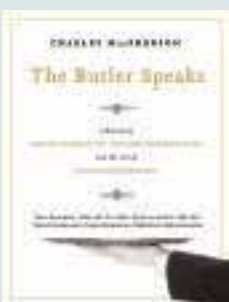
# Setting the standard in etiquette



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

## The Butler Speaks

This excerpt from *The Butler Speaks* is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



## On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.



Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

## The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).



## The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.



## The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.



## The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.





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# Young Canadian with no job? You're not alone



You might need a better resume than this to get your foot in the door. ISTOCK IMAGES

**Alison on money.**  
Unemployment and under-employment still a concern for people with university degrees



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to

half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems

## Unemployment rates

- 15.2 per cent youth unemployment during the Great Recession.
- 19.2 per cent youth unemployment during the early 1980s recession.

may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

# Get your financial house in order

It's hard to stay organized in any aspect of life, but keeping your financial records in order is one of the most important things you can do to help your family should a crisis occur.

A recent poll conducted by Leger Marketing for the Canadian Life and Health Insurance Association (CLHIA) showed that only one in four Canadians could easily locate their vital documents. Let's make 2013 the year that we all

get organized to lessen anxiety when the unexpected happens.

Here are some suggestions to get on the right track.

## Step 1

Collect all of your financial records such as insurance policies, bank account and safety deposit box information, investment statements and more.

## Step 2

Collect your personal data such

as wills, powers of attorney, social insurance numbers, passport numbers, health records, computer passwords, etc.

## Step 3

Once you have all your records gathered together, set up a filing system to organize the information. The Virtual Shoebox, located at clhia.ca, is a free online tool that can help you save important personal and financial information in one

place so that family members can easily locate them in an emergency.

## Step 4

Make sure you store this information in a safe place such as a secured folder on your computer, a safety-deposit box or in a locked fireproof box.

## Step 5

Finally, be sure to tell key family members or friends or your lawyer where this information is stored so they can find it easily and quickly.

"It's so easy not to think about it now, but taking a few minutes to organize important documents can be such a relief, especially when disaster

strikes. Not only does it make our lives easier, but it can make a world of difference to a loved one who has to locate this information," says Wendy Hope, the vice-president of external relations for CLHIA. "Organizing key information can help save time and money, and lessen anxiety for all concerned."

NEWS CANADA

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QMJHL

## Armada release NHL prospect after he deserts team

The Blainville-Boisbriand Armada released New Jersey Devils prospect Stefan Matteau on Monday for deserting the team following a playoff game.

General manager Joel Bouchard said the club had to uphold its rules and values even when it is in the midst of a playoff series. The Armada trail the Baie-Comeau Drakkar 2-0 in a best-of-seven Quebec Major Junior Hockey League semifinal series.

Reportedly unhappy with his ice time, 19-year-old Stefan Matteau did not get on the team bus after a loss in Baie-Comeau, Que., on Sunday, but rode back home on a fan bus instead.

THE CANADIAN PRESS

NBA

## Knicks' J.R. Smith named Sixth Man of the Year

J.R. Smith won the NBA's Sixth Man of the Year award Monday after turning a role he didn't want into one of the strengths of the New York Knicks' first division championship team in nearly two decades.

Smith received 484 points, including 72 first-place votes, from a panel of 121 writers and broadcasters. The Clippers' Jamal Crawford finished second with 352 points, getting 31 first-place votes.

Smith averaged 18.1 points in 80 games, all off the bench.

THE ASSOCIATED PRESS

# Flyers vet recalls battle with Leafs

**NHL.** Gagne goes back in time to share memories from the Leafs' last playoff series

At first, Flyers forward Simon Gagne had to jog his memory about Philadelphia's 2004 conference semifinal win over the Leafs.

As one of only a handful of players still active from that roster, Gagne was struck by the fact it's been nine years since the intense, six-game affair.

Naturally, he recalled Jeremy Roenick's overtime goal in Game 6, still popular on YouTube. That goal sunk a Leafs team that was arguably more talented than the Flyers, one that was built to go all the way.

There was the celebration, on the Leafs' home ice. Gagne remembers electricity in the air that night and throughout the series.

But what stood out for the 33-year-old native of Sainte Foy, Que., now in his second stint with the Flyers, was the physical play. It was, as hockey players like to say, a battle.

"It was a tough, physical series and if my memory serves me correctly, we'd met each other two or three times before in the playoffs," Gagne said. "It was a battle, especially going to Toronto, and I think everyone is going to remember Darcy Tucker's hit on Sami Kapanen, and Sami coming back the next game. It was a tough series, a tough battle, and we got that series when



Toronto Maple Leafs goalie Ed Belfour reacts as Philadelphia Flyers Jeremy Roenick, left, and Tony Amonte celebrate Roenick's series-clinching goal in overtime of Game 6 in Toronto on May 4, 2004. TORSTAR NEWS SERVICE FILE

Quoted

"I felt that was one of the best teams I've ever played on." Simon Gagne, on the 2003-04 Philadelphia Flyers.

J.R. (Roenick) scores that overtime goal. At that time I was a young player — it was, I think,

my fifth year in the league — so definitely great memories and a great learning experi-

ence for me."

Tucker also had history with Roenick, having slammed him into the end boards, leaving the popular Roenick woozy and unable to stay on his feet (the same way he left Kapanen). The history between the teams in general was rife with hostility. TORSTAR NEWS SERVICE

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## United seal EPL title

Robin van Persie of Manchester United celebrates scoring his second goal with Wayne Rooney and Shinji Kagawa during their English Premier League match against Aston Villa on Monday in Manchester, England. Van Persie swept Manchester United to a record-extending 20th English league title, scoring a first-half hat trick in a 3-0 win as the runaway leaders wrapped up the championship with four games to spare. ALEX LIVESSEY/GETTY IMAGES

### Raptors wrap-up

## Colangelo talks coach, playoffs

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: The Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager Dwane Casey will remain his head coach.

Colangelo and Casey met with the Toronto media Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on playoff expectations.

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year. The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he returns, he said Casey will be back as well. **THE CANADIAN PRESS**

# James' versatility on display as Heat vie for title repeat

**NBA.** Miami superstar proving doubters wrong with unselfish play



LeBron James GETTY IMAGES

Long after just about every Miami Heat player left the practice court on Monday, LeBron James stayed behind for a three-point shooting contest against Ray Allen and Mario Chalmers.

He yelled. He trash-talked.

And he won, getting to watch his teammates do 20 push-ups as his reward.

There is a certain irony in James staying on the court after practice to work on his shooting, especially since there are nights he controls games without looking to score. When he took 11 shots in an NBA finals game two years ago, he was a

game in any number of ways, and will try to continue doing so when the Heat and Bucks meet in Game 2 of the best-of-seven matchup on Tuesday night in Miami.

"The narrative has changed about him, about our team," Heat forward Shane Battier said. "A championship changes that. I don't think LeBron's changed. That's who LeBron is. LeBron's going to make the smart basketball play. He's going to make the right play. If that entails him taking 11 shots and we win, he's going to do it. If it entails him taking 30 shots, he's going to do it."

James will likely be named as the NBA's MVP for the fourth time in five seasons sometime in the not-too-distant future, and with each season, he still seems to be getting better.

**THE ASSOCIATED PRESS**

lightning rod for criticism.

He made 9 of 11 shots on Sunday in Miami's 110-87 win, finishing with 27 points and two assists shy of a triple-double. He's controlling the

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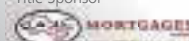
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GAME 7 - MONDAY, APRIL 29 - 7:00 PM\*

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\*If necessary. \*\*Game 4 available on Rogers TV, cable 13 only. Schedule subject to change. © 2013 Rogers Communications.



## Horoscopes

### Aries

March 21 - April 20

You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

### Taurus

April 21 - May 21

You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

### Gemini

May 22 - June 21

You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

### Cancer

June 22 - July 23

There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

### Leo

July 24 - Aug. 23

The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

### Virgo

Aug. 24 - Sept. 23

Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are – use your imagination to envision a new future for yourself – then make it happen.

### Libra

Sept. 24 - Oct. 23

You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

### Scorpio

Oct. 24 - Nov. 22

It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life.

### Sagittarius

Nov. 23 - Dec. 21

No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

### Capricorn

Dec. 22 - Jan. 20

What you need to recognize is that different people have different personalities and therefore different ways of doing things.

### Aquarius

Jan. 21 - Feb. 19

The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

### Pisces

Feb. 20 - March 20

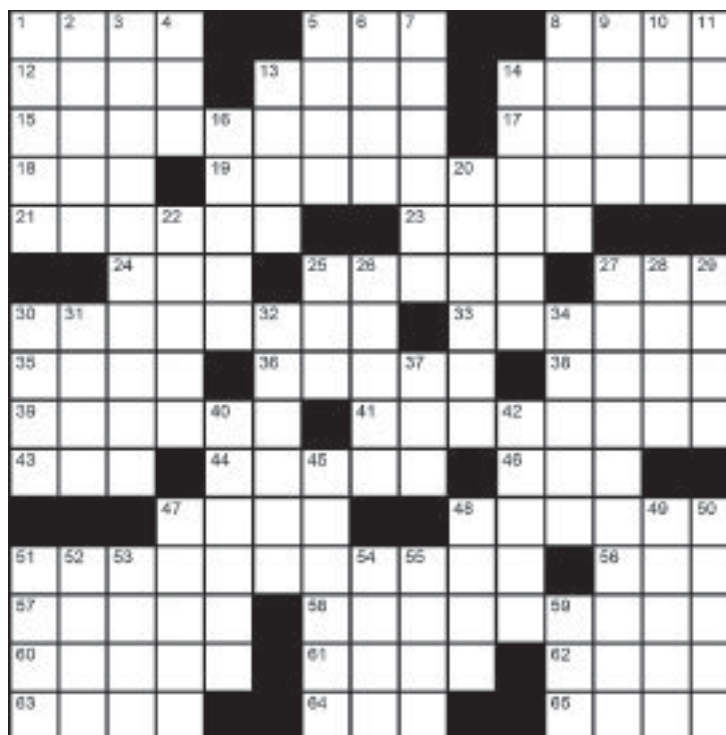
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, \_ \_
18. "Let's call \_ \_ day."
19. Way to sell products on TV
21. Directions: "Can you \_ \_ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain \_" (1988)
30. Sandra Bullock is Canadian in "The \_" (2009)
33. Tart-tasting
35. Grazing grasslands
36. Intense
38. Early filmmaker, Thomas H. \_
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for short
47. Small obi accessory
48. Rescuers
51. 13th PM, John \_
56. Soldier's food-in-a-packet [acronym]
57. "Monster- \_ \_" (2005)
58. \_ Island, Nunavut
60. Parts of windows
61. Early-'80s hit: "Just the Two \_ \_"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. \_ \_ (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera \_ Ottawa



(Professional opera company)

### Down

1. Install anew
2. Fred Flintstone's boss, Mr. \_
3. Pro helping a singer: 2 wds.
4. Apple \_
5. Actor Mr. Daniels
6. X- \_ knife
7. Group of Seven member, Arthur \_ (b.1885 - d.1969)
8. Touch of colour
9. "Bonne Fete \_ \_..."
10. Ms. Wilson of "La Femme Nikita"
11. Cover the falcon's

- eyes
13. Sup
14. Cherry: French
16. \_ stick
20. Symbol
22. Expire
25. Central- \_
26. Dodge
27. PEI novelist, Lucy Maud \_ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard \_ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. " \_ \_ \_ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's " \_ \_ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just \_ \_ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: \_ , Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on scoreboards

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

5	2	7	1	3	4	9	8	6
9	1	4	6	8	5	2	3	7
3	6	8	7	9	2	4	5	1
1	5	9	4	6	8	7	2	3
7	8	2	3	1	9	5	4	6
4	3	6	2	5	7	8	1	9
2	9	3	5	7	1	6	8	4
6	7	5	8	4	3	1	9	2
8	4	1	9	2	6	3	7	5

9	3			4	8			
2			7	6				3
				8	1			
		2		9				8
	8						5	
5				7		2		
		5	1					
4				8	7			9
		9	3				4	5

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